

Pumpkin Parfait

Ingredients:

- ¼ cup part-skim ricotta
- 2 tbsp. nonfat plain yogurt
- 2 tbsp. bittersweet chocolate chips, divided
- ½ tsp. grated orange zest, divided
- ¼ cup pumpkin puree
- 1 ½ tsp. orange juice concentrate
- 1 tsp. honey
- 1 tsp. lite cool whip



Nutrition Facts

Serving Size 1 parfait (209g)			
Servings Per Container 1			
Amount Per Serving			
Calories 170	Calories from Fat 45		
% Daily Value*			
Total Fat 5g	8%		
Saturated Fat 3g	15%		
Trans Fat 0g			
Cholesterol 20mg	7%		
Sodium 95mg	4%		
Total Carbohydrate 22g	7%		
Dietary Fiber 2g	8%		
Sugars 12g			
Protein 9g			
Vitamin A 70%	• Vitamin C 50%		
Calcium 25%	• Iron 4%		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	<small>Calories:</small>	<small>2,000</small>	<small>2,500</small>
Total Fat	<small>Less than</small>	<small>65g</small>	<small>80g</small>
Saturated Fat	<small>Less than</small>	<small>20g</small>	<small>25g</small>
Cholesterol	<small>Less than</small>	<small>300mg</small>	<small>300mg</small>
Sodium	<small>Less than</small>	<small>2,400mg</small>	<small>2,400mg</small>
Total Carbohydrate		<small>300g</small>	<small>375g</small>
Dietary Fiber		<small>25g</small>	<small>30g</small>
<small>Calories per gram:</small>			
	<small>Fat</small>	<small>9</small>	<small>Carbohydrate 4 • Protein 4</small>



*SOY FREE



*GLUTEN-FREE

Directions:

1. Mix ricotta, yogurt, 1 tablespoon chocolate chips and ¼ teaspoon zest in a bowl.
2. Combine pumpkin, orange juice concentrate and honey in another bowl.
3. Spoon half of ricotta mixture into a parfait glass or bowl. Top with half of pumpkin mixture. Repeat.
4. Top with remaining 1 tablespoon chips and remaining zest. Serve immediately or refrigerate until needed.